



PEP TALK

PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
February 2016

Holiday Luncheon Raffle

by Mary Lee Coe

Our request for Christmas donations for the November 2016 raffle of holiday gifts was a great success. Even non Pepper 'poker playing friends' donated. Thanks to all.

I also want to mention other Peppers who donate significantly through the year. Of course Archie and Luther buy a lot of tickets... sometimes they win, sometimes they don't!

Other special donors we want to thank are Ricky and Frances McCarthy who donate jewelry regularly, Joseph Moir who donates his beautiful hand-thrown pottery, Ken and DeeDee Skjervem who donate gift certificates every month, Barbara Payne who donates many high-end gifts. Sib Litzinger, Bebe Bonnell and Archie Buchanan who win prizes at other raffles and donate them to us. Thanks also to those who donate once in awhile, every gift counts and makes some lucky winner happy while helping make PEP Pioneers the best pulmonary education program in America.

Friends of the Board

by Pat Cottrell

At the December Luncheon Betsy introduced the current Board, and noted that many wear several hats.

Besides the usual Board positions of Chairman, Secretary and Treasurer we have a variety of positions and each has a back-up person. Because PEP is a self-sufficient organization, we depend entirely on the many gen-

erous donations supplemented by our moneymaking projects: monthly and special raffles, 50/50 raffle, bake sale, and any other idea anyone has. Socialization is important to PEP health, so there are several trips planned for each year, along with our monthly luncheon and Meet and Greet happy hour. The Luncheon alone involves the coordination of 24 people from Jackie arranging for a speaker, many callers, our decorating team, and our Ways & Means team arranging raffles. All welcome help!

The Board does not want to be clan-ish or selfish; we would like to share the joy of assisting all of the PEP Pioneers. We are inviting anyone who would like to connect with our PEP members, and give a little back to PEP to be part of a group we are (presently) calling "Friends of the Board". Some people are 'idea' folks, while others are 'doers', and a few are idea and doing people. You know your capabilities and strengths. We always welcome any one who wants to connect with others in the group. If this interests you, or you have any questions, please inform Betsy, Jackie, or Joseph and they will pass on the information to the Board.

Feb. Birthday Celebrations

(sorted by date)

4 Gene Yeomans	14 Dan Buck
2 Marianne Williams	19 Phyllis Tarrant
12 Luther Tenort	23 Adonna Bowman
13 Ed Pennebaker	25 Andrew Tamashiro
13 Maureen Anderson	27 Thomas Smith
	28 Ron Meier

Avoiding Germs

"6 Simple Ways to Avoid Germs at the Gym"

authored by *Lindsey Metrus*

There's nothing like a great gym workout to beat stress, burn calories and get into shape. But you could pick up some gym-lurking germs while you're spinning, lifting and crunching. Take these preventive measures to avoid gym germs:

Wipe it down. If your gym provides antibacterial spray or wipes, use 'em! Many machines, weights and other shared equipment can be laden with germs that can cause anything from MRSA to *E. coli* infections to the flu. If your gym doesn't provide spray or wipes, carry around a to-go package of antibacterial wipes or hand sanitizer and use *before* and *after* each use.

Don't touch that cap. Bringing a water bottle with you to the gym is imperative so you can stay hydrated. However, when you touch the equipment and then your water bottle cap, you can transfer a ton of germs to your mouth. Instead, opt for a water bottle that has a push top; leave it up and squirt the water into your mouth without touching it. If you're worried about spills, use a wide-mouthed bottle with a screw cap and sanitize your hands between each use.

Bring your own towel. The "clean" towels at the gym may be transported by the same means as the dirty ones. Bring a towel from home to cover mats and exercise balls while you use them. Mark the side that's being laid on the equipment so you know it's the "dirty"

Avoiding Germs

(cont)

Sanitize your smartphone.

Grabbing your phone, iPod or other device to change the tunes or switch machines transfers germs from your hands to the device. Use a sanitizing wipe on the screen and the case to rid your device of icky microbes.

What's working? What's not working?

by Pat Cottrell

At the January, 2016 Board meeting, we did a lot of brainstorming about what is and what is not working with PEP. We had lots of thoughts of what is working. PEP is a great group with so many wonderful people bringing new and interesting ideas to the program.

We also had a list of what wasn't working, a few of which we have no ability to change. Therefore our focus for 2016 is to see what we could do to improve things for the PEP membership.

One area we noted is the lessening numbers at the gym. We realize that there are a wide variety of reasons for not exercising at PEP, one being that you are exercising elsewhere. Yet we feel that there are many more members that could benefit physically and socially with exercising at the gym. We have seen many people barely able to walk in the door, and after a few weeks on the gym equipment they have a vibrant step.

In Sept & Oct we had great speakers Dr. James Porszasz & Dr. Harry Rossiter who spoke of the many health benefits of exercising which included improvement of COPD. They focused on beginning with small amounts of exercise or 'baby steps', and then challenging yourself to increase your activity. If you missed either of the luncheons you can watch the video by going to PEPPioneers.com and then in

the grey area to the right you will see the speakers listed.

We discussed in the Jan and Feb Board meeting the possibility of purchasing a number of pedometers as a tool to help each of us become more motivated to be active. We would have a gauge to mark our progress. We hope to have more info for you next month.

Meanwhile, we would like to begin a program called PEP Step (or another creative name someone comes up with), where one challenges self, and self only, to slowly and surely increase their number of steps a day. PEP has a lot of creative people out there, and we know that several of you will come up with fun ideas to get us moving more, such as a 'fun game' that we can all enjoy. We are looking for a 'Friend of the Board' or several Friends who are willing to coordinate this project that will be so beneficial to all. We are open to your creative ideas.

"What's Working? What's not Working?" will be the focus of a periodical article in PEP Talk. A lot of this will depend on your feedback with thoughts of what you see that is or is not working. Maybe you notice something that is outdated, or learn of something from another group that might work for PEP as well. Get your creative thoughts moving. Please give your written comments to the staff or any Board Member, or send them to Pat at PatCottrell@Prodigy.net or 310-516-1612. This is your group, and your participation and teamwork will make a great PEP even better.

Meet Jasper Stephens

contributed by June Robinson

(From an article by Jim Leinonen
Jul 30, 2013 in tbrnews.com)

Jasper Stephens can be seen walking the sidelines whenever the Sea Hawks' don their red and white football uniforms and take the field. He is the one on the coaching staff that has to lug around an oxygen tank wherever he goes.



The oxygen tank is a constant reminder of the adversity Stephens has had to live with everyday since he saw firsthand the second plane hit the World Trade Center tower while driving his delivery truck for Bond Distribution in Manhattan nearly 12 years ago. His life changed forever at the moment.

Most people remember where they were on Sept. 11, 2001. They safely watched and listened from afar. But the effects of what happened to those in New York City that day impacts some on a regular basis.

"I pulled out of the (Edison, N.J.) yard at 6 (a.m.)," Stephens said. "It was the same route I had been doing for all five years. I was going to pickup (more items) after I dropped my load off to bring it back to the yard." He had been a truck driver for about 10 years up to that point.

"I was driving along and all of a sudden the traffic just stopped," Stephens recalled. "All of sudden I saw the plane go by. The plane flew out, turned around, went over by the Statute of Liberty and came back. I saw the second plane hit the building."

He was about one or two miles away.

"It sounded like a big explosion. I couldn't believe it," he said. "People started running and panicking. I couldn't move." He got out of his truck and stood by it. He was in the street with the other people.

Meet Jasper Stephens

(cont)

"I heard the first (building) come down. The second one when it came down, all we could see was the building get lower and lower and lower and then the smoke (and dust started to come our way)."

He got back in his truck, rolled the windows up and put his shirt over his face and turned the air conditioner on. But he could not escape the dust.

"I was covered. You couldn't see anything. It was like a dust storm." He left his truck and took a taxi to leave the area, but the driver couldn't get far either. So his wife picked him up around 10 p.m. after he ran and walked to the Lincoln Tunnel. He breathed in the dirty air for a couple of hours.

"I was coughing a lot and bringing up a lot of phlegm," he said. "It was a burning sensation. It was hard to breathe."

Two weeks later nothing had changed and his lungs collapsed. He was rushed to the hospital.

"I felt like I was having an asthma attack. I went to the doctor and he checked me out. He told me that my lungs were infected," said Stephens, who is currently on a waiting list for a lung transplant.

He was told he had to have a lung reduction, which he had done. Eventually he was told that he needed to move to the West Coast where the air would make it easier for him to breathe. He made the move to Redondo Beach in 2002 after a brief stop in Arizona.

His passion for football led him to Pop Warner in Beverly Hills. And eventually that brought him to Redondo where former head coach Gene Simon brought him aboard. Stephens is the quality control

coach.

"I've known Jasper since my senior year in high school (at Redondo)," said current defensive coordinator Keith Ellison, who played in the NFL with the Buffalo Bills. "He would always be around. He's a great guy, awesome guy."

Redondo head football coach Matt Ballard said Stephens helps solidify the foundation of the team.

"I would say he is like the heart and soul of Sea Hawks' football in a lot of ways," he said. "It is very much a part of him and he truly loves the kids and what it means to play here and that this is a special place. He really wants to see these kids succeed and become part of this brotherhood."

Ballard said Stephens is a "great mentor to other coaches and the kids." "It's just awesome having him around and a part of it, plus he knows football," Ballard said. "He sits in our meetings and he always adds valuable insight."

Ballard recalled the first time he met Stephens. "He was here when I came to interview," Ballard said. "I inherited him. He's as much a part of Redondo football as the field is. He's definitely not a 'yes' man. He'll tell me his thoughts. He gives me solid, unedited advice."

Stephens bleeds red-and-white. "It's one of the things that makes me very happy. It's a joy to be here," Stephens said.

"He's a very essential part (of the team)," said Zack LaMonda, who is the assistant head coach and offensive coordinator. "Before they hired coach Ballard there was three months (of no head coach) and Jasper was here every day. He kept the program together. I don't know how Redondo football could have functioned during that three-month gap without him.

"He's a very integral part of the staff on a daily basis. You will get Jasper's honest opinion. There is no real gray areas, black or white, and I think that is one of the things that we like about him because he will tell us how it is."

The players also said the impact that Stephens makes on the team is immeasurable.

"I feel he coaches everything," said senior quarterback Harrison Faecher. "He definitely contributes to every part on the field." Senior safety and running back Stephon Sudduth agreed.

"To me he is kind of like another grandpa," Sudduth said. "He is a guru. He doesn't teach just football."

Upcoming Lunch Speakers

by Jackie Tosolini

2/18 Dr. Casaburi *Potporri of COPD*

3/17 Derylen Hudson *Diabetes*

4/21 Chris Ricardi *Senior Safety*

5/19 Treasure Joyce *Stroke*

6/16 TBD

7/21 Linda Mona, MD *Sex and Seniors*

8/18 PEP Picnic

9/15 TBD

10/20 TBD

11/17 Dr. Chang *Flu Season*

12/15 Christmas Party

PEP PIONEERS is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit **all** of its members. Donations may be made to

PEP PIONEERS

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